

# South Jordan Aquatic Center

## 2014-2015

### Welcome to the South Jordan Fitness and Aquatic Center Swim School!

We pride ourselves with providing swimming lesson instruction for your personal needs and level. Whether you are a beginning or an advanced swimmer, we have the class for you.

Our group lessons are 30 minutes long and sessions range from 4-8 lessons. For a list of class times and to register online please visit : [www.activityreg.com](http://www.activityreg.com)

If you have any further questions please contact our Aquatic Supervisor.  
801.253.5203 ext. 1405

# Group Swim Lessons

## T/TH Lessons

<u>Dates</u>	<u>4 Weeks</u> 8 Lessons	<u>Session Fees</u> (Resident/Non-Res.)	<u>Registration Dates:</u>
July 1 - 24	T/TH	\$40R / \$45NR	17-Jun
August 5 - 28	T/TH	\$40R / \$45NR	22-Jul
September 2 - 25	T/TH	\$40R / \$45NR	19-Aug
October 7 - 30	T/TH	\$40R / \$45NR	23-Sep
January 6 - 29	T/TH	\$40R / \$45NR	23-Dec
February 3 - 26	T/TH	\$40R / \$45NR	20-Jan
March 3 - 26	T/TH	\$40R / \$45NR	17-Feb
April 7 - 30	T/TH	\$40R / \$45NR	24-Mar
May 5 - 28	T/TH	\$40R / \$45NR	21-Apr
June 2 - 25	T/TH	\$40R / \$45NR	19-May

We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing

## SAT Lessons

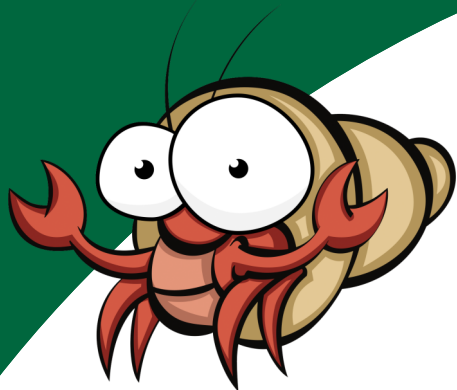
<u>Dates</u>	<u>4 Weeks</u> 4 Lessons	<u>Session Fees</u> (Resident/Non-Res.)	<u>Registration Dates:</u>
July 5 - 26	SAT	\$30R / \$35NR	21-Jun
August 9 - 30	SAT	\$30R / \$35NR	26-Jul
September 6 - 27	SAT	\$30R / \$35NR	23-Aug
October 4 - 25	SAT	\$30R / \$35NR	20-Sep
November 1 - 22	SAT	\$30R / \$35NR	18-Oct
December 6 - 27	SAT	\$30R / \$35NR	22-Nov
January 10 - 31	SAT	\$30R / \$35NR	27-Dec
February 7 - 28	SAT	\$30R / \$35NR	24-Jan
March 7 - 28	SAT	\$30R / \$35NR	21-Feb
April 4 - 25	SAT	\$30R / \$35NR	21-Mar
May 9 - 30	SAT	\$30R / \$35NR	25-Apr
June 6 - 27	SAT	\$30R / \$35NR	22-May

### \*Upcoming Dates:

Sept 1- Labor Day      Oct 16-17 Fall Recess      Nov 27-28 Thanksgiving Recess      Dec 24 Winter Recess  
Jan 25 MLK JR Day      Feb 16 Lincoln Day Recess      April 3-6 Spring Recess      May 25- Memorial Day



South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. | South Jordan, UT 84095



A skills assessment will take place the first day of class to ensure that swimmers are in the most appropriate level for their success.

Swim School staff reserve the right to transfer swimmers to another level regardless of previous levels passed. Correct level placement is in the best interest of individual students and our classes as a whole.

### To register for lessons...

- Visit the South Jordan Fitness & Aquatic Center
- Call 801.253.5236 after 8am
- Visit [www.activityreg.com](http://www.activityreg.com)



*Times and dates are subject to change without notice.*

*In the event of a pool closure a Safety Day will be held in lieu of lessons in the water.*

### Use this chart to determine which level your swimmer is at:

<b>Aqua-Tots (Bubbles)</b>  <b>6 Months - 3 Years</b>	Parents learn to help their children blow bubbles; submerge mouth, nose and eyes; float on front and back; and retrieve dive sticks.
<b>Beg. Pre-School (Squirt)</b>  <b>3 Years - 5 Years</b>	Participants will be taught how to blow bubbles, submerge face front and back float, front and back glides, kicking on front and back, circle arms, understanding pool rules. All skills will be assisted by instructor.
<b>Adv. Pre-School (Crush)</b>  <b>3 Years - 5 Years</b>	Prior to entering advanced toddler, front and back floats need to performed without assistance. Skills include submerge face, front and back floats, front and back glides, kicking on front and back, basic front crawl, understanding pool rules. Transition to independent swimming.
<b>Level 1: (Nemo)</b>  <b>5 1/2 Years +</b>	This course is designed to be a beginning level course for children 5 and older. Skills that will be taught include: submerged face, front and back floats, front and back glides, kicking on front and back, front crawl, and age-appropriate safety tips.
<b>Level 2: (Dory)</b>	This level focuses on the transition to independent swimming. Those that have passed advanced Pre-school would enter this level. Skills include: front and back floats, front and back Stroke.
<b>Level 3: (Marlin)</b>	The skill in this level include: front crawl with side breathing, back crawl, elementary backstroke, treading water, butterfly kick and motion, and jumping in to the deep end to retrieve submerged object. Level three will be in the lap lanes to strengthen endurance.
<b>Level 4: (Bruce)</b>	This level is a precursor to the precompetitive level. Distance swimming in front crawl and back stroke will be improved upon as well as butterfly, breaststroke kick, and open flip turns
<b>Tidal Waves: Pre-Comp/Comp Teams</b>	Perfecting strokes while swimming laps. Building strength, endurance, and developing healthy and safe exercise practices.  <b><i>See separate flyer for schedule.</i></b>